



DEPARTMENT OF THE ARMY
HEADQUARTERS 4TH INFANTRY DIVISION (MECHANIZED)
FORT HOOD, TEXAS 76544-5200

REPLY TO

AFYB-CG

29 January 2002

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Memorandum G3-00-01 Physical Training

1. The purpose of this memorandum is to delineate physical training (PT) policy for unit PT, remedial PT, organized athletics, and formation runs. Use this policy to structure your physical training program, but I encourage and authorize you to be creative and explore more efficient methods of optimizing physical conditioning with other daily training requirements.
2. The current structure for physical training will remain in effect. The designated time for physical training is 0630-0800 weekdays. Battalion Avenue will be closed from 0630 until 0800, Monday through Wednesday, and Friday for units to conduct runs.
3. At least once per week unit runs will be conducted to build unit cohesion. Scope of the run can vary from company, battalion to brigade size.
4. The Army standard is for every soldier to pass the APFT. Soldiers who have trouble meeting this well known standard will be assisted through:
 - a. Master fitness training to assess individual weaknesses, such as cardiovascular endurance, muscular strength, and muscular endurance and to help commanders devise training programs that focus effort on overcoming weaknesses in the allotted time.
 - b. Innovative training during and in addition to routine PT times, concentrating on exercises for push-up, sit-up, and 2-mile run improvement. Ensure remedial PT periods are placed on training schedules.
5. PT will be conducted a minimum of 4 times a week and will incorporate a formal warm-up, cool down, and a conditioning phase.

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Unit sports teams and programs are encouraged, and may include only unit volunteers. Units who earn the division PT streamer described in paragraph 8 below, may conduct one day of organized athletics per week at the discretion of the battalion commander. All other participation in these programs will be done outside the normal PT period.

6. Soldiers with profiles are expected to conduct physical training consistent with the limitations of their profile. This physical training will be organized, consolidated and appropriately supervised at company level.

7. The authorized uniform for PT during normal PT hours is the Army Physical Fitness Uniform. Brigade commanders may approve the wear of distinctive unit t-shirts for unit cohesion runs. Other variations to the uniform are not authorized without the approval of the Commanding General.

8. A division PT streamer will be awarded to each company-sized unit that achieves an average of 250 points or greater on the record APFT. A division team of trained evaluators will conduct this test, and at least 85% of soldiers assigned to the company must participate. Units awarded the streamer will be allowed to conduct organized athletics one day per week while holding the streamer. Awarding of the streamer is for a twelve-month period. After twelve months the streamer must be returned to the division AcofS G3 until the unit is retested and again achieves the standard. Companies can schedule tests through their chains of command to the division AcofS G3.

"STEADFAST AND LOYAL"

ORIGINAL SIGNED

RAYMOND T. ODIERNO
Major General, USA
Commanding

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